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ABSTRACT

Designed for those teaching an advisement program to middle school students, this book provides a year-long program with suggestions for many activities geared to middle school students. The text is divided into the traditional four-quarter school year but can be adapted to any school year configuration. The activities are designed so that the teacher may choose to use them in order or individually. Some of the exercises are designed to stimulate students' independence, reinforce positive behavior, and provide an opportunity for self-awareness. All the activities fall into one of three categories: life skills, study skills, and goal-setting skills. The life skills section covers a variety of topics. The skills introduced here range from making the right decisions on a daily basis to saying no to drugs and peer pressure. Study skills, time management, goal setting, and test taking are some of the tools students need to cope with multiple teachers and an increased work load. Each quarter the students are taught a different goal-setting technique and are given exercises in time management, school rules, and behavior modification. Students are provided with opportunities to research and reflect upon which skills aid them in making the right decisions in their lives. (RJM)

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